

## HEALTHY EATING BEHAVIORS, CONTINUED

### Kitchen Activities with Your Kids

Allowing your child to help in the kitchen will help them become familiar with different kinds of food.

At 2 years old:

- Wipe down tables
- Throw things in the trash
- Tear up lettuce
- Rinse fruits and vegetables
- Hand items to adult to put away after shopping

At 3 years old:

- Stir pancake batter
- Knead dough
- Put toppings on pizza
- Add ingredients
- Squeeze citrus fruits
- Name and count foods

At 4 years old:

- Peel foods like oranges, bananas, and eggs
- Set the table
- Help measure dry ingredients
- Help make sandwiches and tossed salads.

Information adapted from "What You Say Really Matters?" in *Feeding Young Children in Group Settings*, Dr. Janice Fletcher and Dr. Laurel Branen, University of Idaho and [www.choosemyplate.gov](http://www.choosemyplate.gov).

## UPCOMING CHANGES FOR WIC PARTICIPANTS

The length of certification is changing for children. This change is being made in order to make it easier for participants by only having to bring required documents once a year, giving more time to discuss participants' nutrition and health concerns or interests. This change means:

- Children will have a longer time between applications (12 months instead of 6)
- Required documents (income, identification, residency) will only be asked for every 12 months.
- Participants who apply for the WIC program every year will have an appointment in the middle of the year that is called a "health screen." This appointment will be for infants, children and breastfeeding women.

This change will be effective starting January 5, 2015. You will see the change at your child's next certification.

### Office Closures

November 11	Veteran's Day
November 27	Thanksgiving Day
December 12	Staff training
December 24, closes at 12:00	Christmas Eve
December 25	Día de Navidad
January 1	New Year's Day
January 19	Martin Luther King, Jr Day



Eastern Idaho Public Health



EASTERN IDAHO  
PUBLIC HEALTH

WIC Newsletter

NOVEMBER/  
DECEMBER  
2014



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# RAISING KIDS WITH HEALTHY EATING BEHAVIORS

One of the most frequently asked questions we hear from our participants is “what can I do about picky eating?”

There are several things you, as a parent or caretaker can do to raise kids with healthy eating behaviors.

## Parent & Child Responsibilities

Knowing what your responsibilities as a parent are and allowing your child their own responsibilities can eliminate many food fights.

### Parent or Caregiver Responsibility

- What is offered—choose healthy foods
- When it's offered—regularly scheduled meals and snacks
- Where it's offered—offer a calm, pleasant atmosphere

### Child's Responsibility

- How much, if any, he/she will take
- What of the foods offered he/she will eat

If your child chooses not to eat much at a meal or snack, don't push—just make it clear there will be no more food until the next scheduled meal or snack time. Also, be sure to give water as your child's main beverage. Kid's need 16 ounces of milk per day and 100% juice should be limited to 4-6 ounces per day. Other sweet beverages such as Kool-aid, Capri Sun, soda, “juice” drinks (Sunny D), and sports drinks

should only rarely be consumed.

## Watch What You Say!

What you say to your child will have an impact on developing healthy eating habits. Here are some tips for changing negative phrases into positive ones!

Instead of using phrases that HINDER (shown in **RED** font), try using phrases that HELP (shown in **GREEN** font)

***Eat that for me.***

***If you do not eat one more bite, I will be mad***

Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes and beliefs about food and about themselves.

***This is kiwi fruit; it's sweet like a strawberry***

***These radishes are very crunchy***

Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.

***You're such a big girl; you finished all your peas.***

***Jenny, look at your sister. She ate all her bananas.***

***You have to take one more bite before you leave the table.***

Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.

***Is your stomach telling you that you're full?***

***Is your stomach still making its hungry growling noise?***

***Has your tummy had enough?***

Phrases like these help your child to recognize when he or she is full. This can prevent over-eating.

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***See, that didn't taste so bad, did it?***

This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.

***Do you like that?***

***Which one is your favorite?***

***Everybody likes different foods, don't they?***

Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of the food rather than who was right.

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***Stop crying and I will give you a cookie.***

Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.

***I am sorry you are sad. Come here and let me give you a big hug.***

Reward your child with attention and kind words. Comfort him/her with hugs and talks. Show love by spending time and having fun together.

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